

MasteringHealth™ Edition

THE BASICS

Health



Rebecca J. Donatelle

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Students today want options when it comes to their learning and especially their textbooks. *Health: The Basics* gives students the flexibility they desire, offering a wide range of formats for the book and a large array of online learning resources. Let your students find a version that works best for them!



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Health: The Basics is available on the Pearson Custom Library, allowing instructors to create the perfect text for their course. Select the chapters you need, in the sequence you want. Delete chapters you don't use: Your students pay only for the materials you choose.

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READY, SET, GO!

WITH DONATELLE,
HEALTH: THE BASICS, 12E
The MasteringHealth Edition



GET YOUR STUDENTS READY!

9 Nutrition: Eating for a Healthier You



LEARNING OUTCOMES

- List the six classes of nutrients, and explain the primary functions of each and their roles in maintaining long-term health.
- Describe nutritional guidelines and recommendations, including the Dietary Guidelines for Americans and the MyPlate food guidance system.
- Discuss how to eat healthfully, including how to read food labels, vegetarians, organic foods, the role of dietary supplements, and the unique challenges that college students face.
- Explain food safety concerns facing Americans and people in other regions of the world.

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WHY SHOULD I CARE?

The nutritional choices you make during college can have both immediate and lasting effects on your health. Thousands of studies associate what we eat with chronic diseases such as diabetes, heart disease, hypertension, stroke, osteoporosis, and many types of cancer.

Recommended Intakes for Nutrients

In the next sections, we discuss each nutrient group and identify how much of each you need. These recommended amounts are known as the Dietary Reference Intakes (DRIs) and are published by the Food and Nutrition Board of the Institute of Medicine. The DRIs establish the amount of each nutrient needed to prevent deficiencies or reduce the risk of chronic disease, as well as identify maximum safe intake levels for healthy people. The DRIs are umbrella guidelines and include the following categories:

- Recommended Dietary Allowances (RDAs)** are daily nutrient intake levels meeting the nutritional needs of 97 to 98 percent of healthy individuals.
- Adequate Intakes (AIs)** are daily intake levels assumed to be adequate for most healthy people. AIs are used when there isn't enough research to support establishing an RDA.
- Tolerable Upper Intake Levels (ULs)** are the highest amounts of a nutrient that an individual can consume daily without risking adverse health effects.
- Acceptable Macronutrient Distribution Ranges (AMDRs)** are ranges of protein, carbohydrate, and fat intake that provide adequate nutrients, and they are associated with a reduced risk for chronic disease.

When the RDA, AI, and UL are expressed as amounts—usually milligrams (mg) or micrograms (µg)—AMDRs are expressed as percentages. The AMDR for protein, for example, is 10 to 35 percent, meaning that no less than 10 percent and no more than 35 percent of the calories you consume should come from protein. But that raises a new question: What are calories?

HEAR IT! PODCAST
Want a study partner for this chapter? Download *Nutrition: Eating for Optimum Health*, available on MasteringHealth!

STUDY PLAN

Customize your study plan—and master your health!—in the Study Area of MasteringHealth!

CHAPTER REVIEW

Go to [MasteringHealth](#) to preview your study plan with Chapter Review Outcomes and Dynamic Study Modules.

1 Essential Nutrients for Health

Nutrition is the science of the relationship between physiological function and the essential elements of the foods we eat. The Dietary Reference Intakes (DRIs) are recommended nutrient intakes for healthy people.

The essential nutrients include water, proteins, carbohydrates, fats, vitamins, and minerals. Water makes up 50 to 60 percent of our body weight and is necessary for nearly all life processes. Proteins are major components of our cells and tissues and are key elements of antibodies, enzymes, and hormones. Carbohydrates are our primary sources of energy. Fats provide energy while we are at rest and under long-term activity. They also play important roles in maintaining body temperature, cushioning and protecting organs, and promoting healthy cell function. Vitamins are organic compounds, and minerals are inorganic elements. We need these micronutrients in small amounts to maintain healthy body structure and function.

2 Nutritional Guidelines

A balanced diet is adequate, nutrient-dense, balanced, varied, and nutrient-dense. The Dietary Guidelines for Americans and the MyPlate plan provide guidelines for healthy eating. These recommendations, developed by the USDA, place emphasis on balancing calories and understanding which foods to increase and which to decrease.

The Nutrition Facts label on food labels identifies the serving size, number of calories per serving, and

3 How Can I Eat More Healthfully?

With a little smart planning, vegetarians can be a healthful lifestyle choice, providing plenty of nutrients, plus fiber and phytochemicals, typically with less saturated fat and fewer calories.

Although some people may benefit from taking a vitamin and mineral supplement, a healthy diet is the best way to give your body the nutrients it needs.

College students face unique challenges in eating healthfully. Learning to make better choices, eat healthfully on a budget, and eat nutritionally in the dorm are all possible when you use the information in this chapter.

4 Food Safety: A Growing Concern

Organic foods are grown and produced without the use of toxic and persistent synthetic pesticides, fertilizers, antibiotics, hormones, or genetic modification. The USDA offers certification of organic farms and regulates claims regarding organic ingredients used on food labels.

Foodborne diseases can be traced to contamination of food at any point from fields to the consumer's kitchen. To keep food safe at home, follow four steps: Clean, separate, cook, and chill.

Food allergies, coffee, disease, food intolerances, GM foods, and other food safety and health concerns are becoming increasingly important to health-wise consumers. Recognizing potential risks and taking steps to prevent problems are part of a sound nutritional plan.

POP QUIZ

Visit MasteringHealth to preview your study plan with Chapter Review Outcomes and Dynamic Study Modules.

1 Essential Nutrients for Health

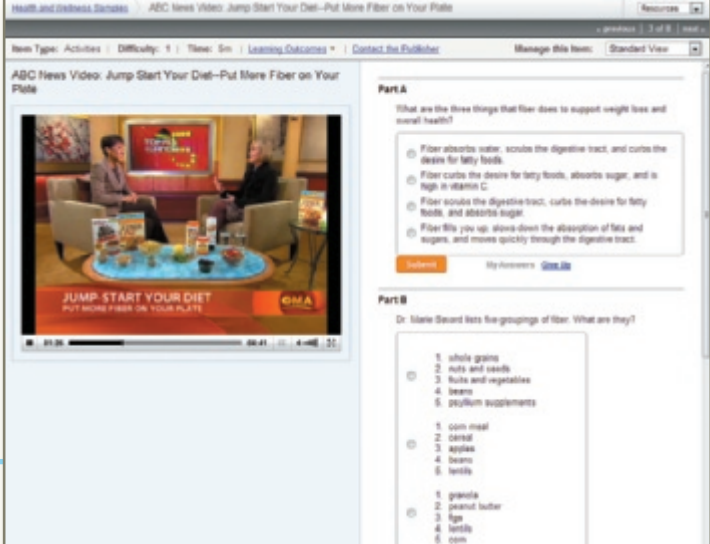
- What is the most crucial nutrient for diet?
 - Water
 - Fiber
 - Minerals
 - Starch
- Which of the following nutrients is critical for the repair and growth of body tissue?
 - Carbohydrates
 - Proteins
 - Vitamins
 - Fats
- Which of the following substances helps move food through the digestive tract?
 - Fats
 - Fiber
 - Minerals
 - Starch
- What substance provides energy, promotes healthy skin and hair, insulates body organs, helps maintain body temperature, and contributes to healthy cell function?
 - Fats
 - Fiber
 - Proteins
 - Carbohydrates
- Which of the following fats is a healthy fat to include in the diet?
 - Trans fat
 - Saturated fat
 - Unsaturated fat
 - Hydrogenated fat
- Which vitamin maintains bone health?
 - Bi
 - D
 - K
 - Niacin

NEW! Study Plan Tied to Learning Outcomes

Numbered learning outcomes now introduce every chapter and mini-chapter, giving students a roadmap for their reading. Each chapter concludes with a Study Plan, which summarizes key points of the chapter and provides review questions and critical thinking questions to check understanding, all tied to the chapter's learning outcomes and assignable in MasteringHealth.

NEW! ABC News Lecture Launchers

New videos from ABC News bring personal health to life and spark discussion with up-to-date hot topics such as stress among millennials, hate crimes, and rates of heroin use. Assignable multiple-choice questions available in MasteringHealth provide wrong-answer feedback to redirect students to the correct answer.



Part A

What are the three things that fiber does to support weight loss and overall health?

- Fiber absorbs water, soaks the digestive tract, and curbs the desire for fatty foods.
- Fiber curbs the desire for fatty foods, absorbs sugar, and is high in vitamin C.
- Fiber soaks the digestive tract, curbs the desire for fatty foods, and absorbs sugar.
- Fiber fills you up, slows down the absorption of fats and sugars, and moves quickly through the digestive tract.

Part B

Dr. Marie Sward lists five groupings of fiber. What are they?

- whole grains
- nuts and seeds
- fruits and vegetables
- beans
- psyllium supplements

- corn meal
- corned
- apples
- beans
- lentils

- granola
- peanut butter
- eggs
- lentils
- corn

WHAT DO YOU THINK?
 How are many people becoming vegetarians?
 a. They are trying to be a vegetarian or are curious about vegetarianism.
 b. They are trying to be a vegetarian or are curious about vegetarianism.
 c. They are trying to be a vegetarian or are curious about vegetarianism.

Supplements: Research on the Daily Dose
 Dietary supplements are products containing one or more dietary ingredients taken by mouth and intended to supplement existing diets. Ingredients range from vitamins, minerals, and herbs to enzymes, amino acids, fatty acids, and organ tissues. They can come in tablets, capsules, liquid, powder, and other forms. Because consumers use dietary supplements as an easy fix to improve their lives, these healthy alternatives have skyrocketed.

WHICH PATH WOULD YOU TAKE?
 Scan the QR code to see how different dietary choices YOU make today can affect your overall health tomorrow.

NEW! Interactive Behavior Change Activities—Which Path Would You Take?

By scanning QR codes with their mobile devices, students gain access to an exploration of various health choices through an engaging, interactive, low-stakes, and anonymous experience. These activities show students the possible consequences of various choices they make today on their future health through a choose-your-own-adventure style interface.

WHICH PATH WOULD YOU TAKE ?

Scan the QR code to see how different dietary choices YOU make today can affect your overall health tomorrow.

UPDATED!

A new mini-chapter, **Focus On: Sexuality**, has been pulled from the previously titled Healthy Relationships and Understanding Sexuality chapter, making it easier to assign the sexuality material in connection with the Reproductive Choices chapter (contraception). Additional information on social connections is now included in the Relationships chapter.

FOCUS ON Understanding Your Sexuality

Your understanding of gender roles, your contact with people of various gender identities or sexual orientations, and your own degree of emotional maturity can all affect your sense of sexual identity.

LEARNING OUTCOMES

- 1 Define sexual identity and discuss its major components, including biology, gender identity, gender roles, and sexual orientation.
- 2 Identify the primary structures of male and female reproductive anatomy and explain the functions of each.
- 3 List and describe the stages of the human sexual response and classify types of sexual dysfunctions.
- 4 Explain the options available for the expression of one's sexuality and discuss the components of healthy and responsible sexuality.

LO 1 YOUR SEXUAL IDENTITY

Define sexual identity and discuss its major components, including biology, gender identity, gender roles, and sexual orientation.

Sexual identity, the recognition and acknowledgment of oneself as a sexual being, is determined by a complex

UPDATED!

Current Health Topics Straight from the Headlines

Current health issues are covered throughout the new edition, speaking to students' questions and concerns. New and updated material covers such areas as

- the heritability of well-being
- suicide risk factors
- the psychological and physiological effects of meditation
- technostress
- the relationship between media violence and actual violence
- social network use
- the abuse of heroin, khat, and salvia
- the characteristics of successful weight losers
- orthorexia nervosa
- CrossFit and high-intensity interval training (HIIT)
- the global burden of disease
- safe oral sex
- the human impact on the existence or extinction of other species

UPDATED!

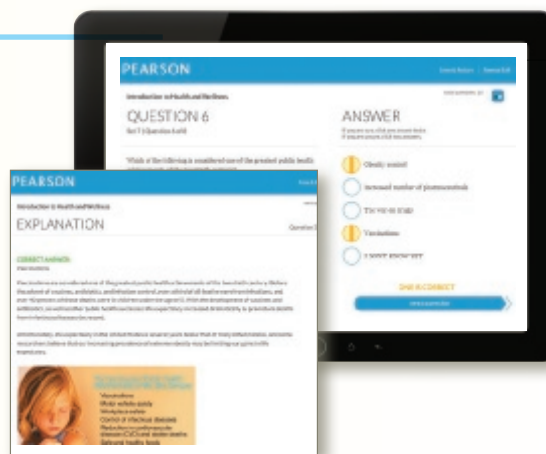
Focus On: Financial Health mini-chapter has been streamlined to focus more on the connection between wealth and health.

GET YOUR STUDENTS GOING WITH MasteringHealth™

Mastering is the most effective and widely used online homework, tutorial, and assessment system for the sciences and now includes content specifically for health courses. Mastering delivers self-paced tutorials that focus on your course objectives, provides individualized coaching, and responds to each student's progress.

BEFORE CLASS **Dynamic Study Modules and eText 2.0 Provide Students with a Preview of What's to Come**

NEW! **Dynamic Study Modules** help students study effectively on their own by continuously assessing their activity and performance in real time. Students complete a set of questions with a unique answer format that also asks them to indicate their confidence level. Questions repeat until the student can answer them all correctly and confidently. Once completed, Dynamic Study Modules explain the concept using materials from the text.



NEW! **Interactive eText 2.0**, complete with embedded media, is mobile friendly and ADA accessible.

- Now available on smartphones and tablets
- Seamlessly integrated videos and other rich media
- Accessible (screen-reader ready)
- Configurable reading settings, including resizable type and night reading mode
- Instructor and student note-taking, highlighting, bookmarking, and search

DURING CLASS **Engage Students with Learning Catalytics™**



Learning Catalytics, a “bring your own device” student engagement, assessment, and classroom intelligence system, allows students to use their smartphones, tablets, or laptops to respond to questions in class.

AFTER CLASS

Easy-to-Assign, Customizable, and Automatically Graded Assignments

The breadth and depth of content available to you to assign in MasteringHealth is unparalleled, allowing you to quickly and easily assign homework to reinforce key concepts.



NEW! Interactive Behavior Change Activities—Which Path Would You Take?—

allow students to explore various health choices through an engaging, interactive, low-stakes, and anonymous experience.

In activities covering topics such as alcohol, smoking, nutrition, and fitness, students receive specific feedback on the choices they make today and the possible consequences on their future health.

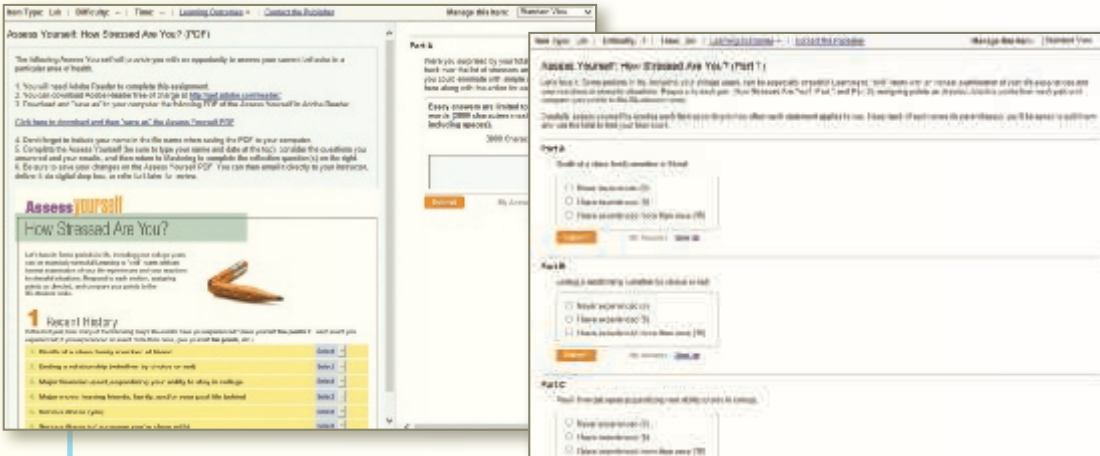


These activities are linked out to Mastering from the book and made assignable in Mastering with follow-up questions.

AFTER CLASS

Other Automatically Graded Health and Fitness Activities Include . . .

NEW! Study Plans tie all end-of-chapter material (including chapter review, pop quiz, and Think About It! questions) to specific numbered learning outcomes and Mastering assets. Assignable Study Plan items contain at least one multiple-choice question per learning outcome and wrong-answer feedback.



UPDATED! Self-Assessments from the text are available within MasteringHealth in easy-to-assign formats both in PDF format with a self-reflection section and as a multi-part activity that speaks to your gradebook.

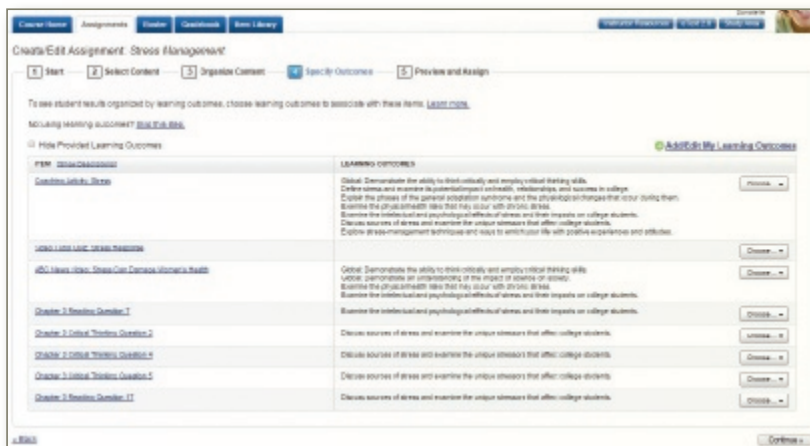
Coaching Activities guide students through key health and fitness concepts with interactive mini-lessons that provide hints and feedback.





Behavior Change Videos are concise whiteboard-style videos that help students with the steps of behavior change, covering topics such as setting SMART goals, identifying and overcoming barriers to change, planning realistic timelines, and more. Additional videos review key fitness concepts such as determining target heart rate range for exercise. All videos include assessment activities and are assignable in MasteringHealth.

NutriTools Coaching Activities in the nutrition chapter allow students to combine and experiment with different food options and learn firsthand how to build healthier meals.



Learning Outcomes

All of the MasteringHealth assignable content is tagged to book content and to Bloom's Taxonomy. You also have the ability to add your own outcomes, helping you track student performance against your learning outcomes. You can view class performance against the specified learning outcomes and share those results quickly and easily by exporting to a spreadsheet.

EVERYTHING YOU NEED TO TEACH **IN ONE PLACE**



Teaching Toolkit DVD for *Health: The Basics*

The *Teaching Toolkit* DVD provides everything that you need to prep for your course and deliver a dynamic lecture, in one convenient place. These valuable resources are included on three disks:

DISK 1

Robust Media Assets for Each Chapter

- ABC News Lecture Launcher videos
- Behavior Change videos
- PowerPoint Lecture Outlines
- PowerPoint clicker questions and Jeopardy-style quiz show questions
- Files for all illustrations and tables and selected photos from the text

DISK 2

Comprehensive Test Bank

- Test Bank in Microsoft Word, PDF, and RTF formats
- Computerized Test Bank, which includes all the questions from the printed test bank in a format that allows you to easily and intuitively build exams and quizzes

DISK 3

Additional Innovative Supplements for Instructors and Students

For Instructors

- *Instructor Resource and Support Manual* in Microsoft Word and PDF formats
- Step-by-step MasteringHealth tutorials
- Video introduction to Learning Catalytics™
- *Great Ideas in Teaching Health & Wellness*
- *Teaching with Student Learning Outcomes*
- *Teaching with Web 2.0*

For Students

- Take Charge Self-Assessment Worksheets
- *Behavior Change Log Book and Wellness Journal*
- *Live Right! Beating Stress in College and Beyond*
- *Eat Right! Healthy Eating in College and Beyond*
- *Food Composition Table*

User's Quick Guide for *Health: The Basics*

This easy-to-use printed supplement accompanies the Teaching Toolkit and offers easy instructions for both experienced and new faculty members to get started with the rich Toolkit content and MasteringHealth.

MasteringHealth™ Edition

HEALTH

THE BASICS

REBECCA J. DONATELLE

Oregon State University



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Development Editors: Kari Hopperstead, Nic Albert
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Art Coordinator: Eric Zeiter, Lachina
Design Manager: Marilyn Perry
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PREFACE

Today, threats to our health and the health of our planet dominate the media and affect our daily lives on a regular basis. Looming water shortages, poor air quality, food safety concerns, violence and the threat of terrorism, chronic and infectious diseases, and other concerns have us wondering about our ability to survive and thrive. We are advised to watch what we eat, lose weight, exercise more, reduce our stress, sleep more, have healthier relationships, be vigilant against a host of threats, and do our part to protect ourselves, our communities, our resources, and our planet. The issues often seem so huge, so far-reaching and overwhelming, that you may wonder if there is anything you can do to make a difference—to ensure a life that is healthy and long and a planet that is preserved for future generations. You are not alone! Getting healthy and staying healthy is a challenge for many, but the good news is that you *can* do things to improve your health and the health of others. Regardless of your age, sex, race, the environment you live in, or the challenges you face, you can be an agent for healthy change for you, your loved ones, and the greater community. It can start now, and it can start with you!

After years of teaching and working with students of all ages and stages of life and careers, I am encouraged by the fact that so many young adults are working hard to change their own health futures and the health of their families and communities. The problem is that with so much “talk” about health on so many platforms, sifting through the “junk information” and making the right choices based on *good science* and *good sense*, can be difficult.

My goal in writing *Health: The Basics*, the MasteringHealth™ Edition, is to build upon the strengths of past editions; to utilize the most current, scientifically valid research, to examine some of the important issues and controversies about health today, and motivate students to become “actively engaged in health” at all levels. As part of the process, we have worked hard to provide students with essential tools and technologically sound resources to empower them to take a careful and realistic look at their health risks, to examine their behaviors and the factors that contribute to those behaviors, and take the steps necessary to prioritize *health* in their lives. Although prioritizing individual and community health is a priority of this text, it is important to recognize that our health is increasingly connected to the health of the global community and our planet. As such, my aim is to challenge students to think globally as they consider health risks and seek creative solutions, both large and small, to address complex health problems. There is no *one-size-fits-all recipe* for health. You can do it your way—whether that means starting slow with “baby steps” designed

to change deeply engrained behaviors or gearing up for major changes that all happen at once. Remember, we didn’t develop our behaviors overnight. Being patient but persistent with ourselves is often part of the process.

This book is designed to help students quickly grasp the information, focusing on key objectives that have relevance to their own lives, both now and in the future. We provide the most current, comprehensive, concise, and scientifically valid information about each health topic, put a wealth of technological tools and resources at students’ fingertips to assist in decision making, encourage students to think about the issues, and help students answer these questions: What is the issue and why should I care? What are my options for action? When and how do I get started?

With each new edition of *Health: The Basics*, I am gratified by the overwhelming success that this book has enjoyed. I am excited about making this edition the best yet—more timely, more relevant, and more interesting for students. Let’s face it: Our world faces unprecedented challenges to individual and community health. Understanding these challenges and having a personal plan to preserve, protect, and promote health will help ensure our *healthful* future!

NEW TO THIS EDITION

Health: The Basics, the MasteringHealth Edition, maintains many features that the text has become known for, while incorporating several major revisions, exciting new features, and a more explicit connection between the text and multimedia resources in MasteringHealth. **MasteringHealth** is an online homework, tutorial, and assessment product designed to improve and assess results by helping students quickly master concepts. Students benefit from self-paced tutorials that feature immediate wrong-answer feedback and hints that emulate the office-hour experience to help keep students on track. With a wide range of interactive, engaging, and assignable activities, students are encouraged to actively learn and retain tough course concepts and apply them to real-world changes.

The multimedia created for the MasteringHealth Edition is more innovative and interactive than ever, and a tighter text and MasteringHealth integration provides students the opportunity to master course content using a variety of resources on and off the page, reflecting the manner in which students study today.

The most noteworthy changes to the text and multimedia as a whole include the following.

- **NEW! Interactive Behavior Change Activities—Which Path Would You Take?** Allow students to explore various health choices through an engaging, interactive, low-stakes, and anonymous experience. These choose-your-own-adventure-style activities show students the possible consequences of various choices they make today on their future health; these activities are accessible via the QR code from the book and made assignable in MasteringHealth™ with follow-up questions.
- **NEW! ABC News Videos** bring health to life and spark discussion with up-to-date hot topics from 2012 to 2015. MasteringHealth activities tied to the videos include multiple-choice questions that provide wrong-answer feedback to redirect students to the correct answer.
- **NEW! Study Plans** tie all end-of-chapter material (including Chapter Review, Pop Quiz, and Think About It questions) to specific, numbered Learning Outcomes. Assignable Study Plan items in MasteringHealth contain at least one multiple-choice question per Learning Outcome and include wrong-answer feedback.
- **NEW! eText 2.0** complete with embedded *ABC News* videos and Health Video Tutors; eText 2.0 is mobile friendly and ADA accessible.
 - Now available on smartphones and tablets.
 - Seamlessly integrated videos.
 - Accessible (screen-reader ready).
 - Configurable reading settings, including resizable type and night reading mode.
 - Instructor and student note taking, highlighting, bookmarking, and search.
- **NEW! Focus On: Sexuality mini-chapter** has been pulled from the previously titled Healthy Relationships and Understanding Sexuality chapter, and includes expanded coverage of topics such as sexual identity, sexual response and dysfunctions, and variant sexual behavior. This new Focus On makes it easier to assign the sexuality material in connection with the Reproductive Choices chapter (contraception).
- **UPDATED! Chapter 5, Connecting and Communicating in the Modern World** (formerly titled Healthy Relationships and Understanding Sexuality), now includes more information on social connections and how we interact and relate to others, including new research on social network use, addiction and social media meanness.
- **UPDATED! Focus On: Financial Health mini-chapter** has been streamlined to focus more on the connection between money and health and includes updated coverage of college students' financial issues and how these can affect both success in college and future health.

Chapter-by-Chapter Revisions

The MasteringHealth Edition has been thoroughly updated to provide students with the most current information and references for further exploration and includes a tighter integration

between the text and multimedia resources in MasteringHealth. Learning outcomes are now explicitly tied to chapter sections and the end-of-chapter Study Plan to create a clear learning path for students. Portions of chapters have been reorganized to improve the flow of topics, and figures, tables, feature boxes, and photos have all been added, improved on, and updated. Throughout the text, all data, statistics, and references have been updated to the most recent possible. The following is a chapter-by-chapter listing of some of the most noteworthy changes, updates, and additions.

Chapter 1: Accessing Your Health

- New and updated coverage of relapse and recovery
- Updated research on health disparities
- New info on the Affordable Care Act

Focus On: Improving Your Financial Health

- Updated material on the link between health and wealth
- Updated coverage of financial struggles in college
- New chapter summaries and Pop Quiz

Chapter 2: Promoting and Preserving Your Psychological Health

- Updated coverage of emotional intelligence
- New research on heritability of well-being
- Updated material on risk factors for mental illness, as well as cost and stigma
- Updated research on mood disorders
- New research on suicide and risks in the United States and abroad

Focus On: Cultivating Your Spiritual Health

- New research on the psychological and physiological effects of meditation
- Updated research on the spiritual tendencies of undergraduates
- New coverage of the relationship between spirituality and stress reduction
- New chapter summaries and Pop Quiz

Chapter 3: Managing Stress and Coping with Life's Challenges

- Updated research on stress in America
- Updated material on massage therapy
- New material on technostress
- New app suggestions for help relaxing

Focus On: Improving Your Sleep

- Updated research on students and sleep
- New Student Health Today box on caffeine, sleep, and your health
- New Skills for Behavior Change on ditching blue-light devices
- New chapter summaries and Pop Quiz

Chapter 4: Preventing Violence and Injury

- Updated research on rates of violent crime in the United States and globally
- Updated research on violence and relationship violence on U.S. college campuses
- New info on the relationship between media violence and actual violence
- Updated research on the relationship between substance abuse and violence
- Updated Skills for Behavior Change with tips for men and women on reducing dating violence

Chapter 5: Connecting and Communicating in the Modern World

- Updated coverage of social support
- Updated discussions of social networks and social capital
- New material on relational connectedness and collective connectedness
- New research surrounding social network use, real-world connection, and addiction
- New Skills for Behavior Change on social media meanness

Focus On: Understanding Your Sexuality

- New Focus On, “Understanding Your Sexuality,” with coverage of:
 - Sexual identity and its components
 - Male and female anatomy
 - Sexual response cycles and dysfunctions
 - Varieties of sexual expression
 - Makeup of healthy and responsible sexuality
- New chapter summaries and Pop Quiz

Chapter 6: Considering Your Reproductive Choices

- Updated statistics on contraception use and unintended pregnancy
- Coverage of new diaphragms
- Updated information on IUDs available
- Updated information on ECP availability
- Updated information on maternal health and pregnancy
- New Money & Health box on health care reform and contraceptives
- New Student Health Today box on men’s involvement in birth control

Chapter 7: Recognizing and Avoiding Addiction and Drug Abuse

- Updated research regarding the prevalence of gambling addiction in the United States
- New coverage of khat
- New information on heroin use spreading to suburban areas
- New coverage of salvia
- Updated research regarding the prevalence of drug use in college students
- Updated information on the legalization of marijuana and its surrounding debate

Chapter 8: Drinking Alcohol Responsibly and Ending Tobacco Use

- Updated research on drinking rates
- Updated research on the dangers of alcohol use during pregnancy
- New coverage of alcohol use disorder
- New coverage of tobacco use disorder
- Updated information on e-cigarettes

Chapter 9: Nutrition: Eating for a Healthier You

- New Health Headlines on coconut oil
- Updated information on the *Dietary Guidelines for Americans*
- Updated data on the prevalence of vegetarianism
- Updated information on food-borne pathogens

Chapter 10: Reaching and Maintaining a Healthy Weight

- Updated statistics on overweight and obesity in the United States and globally
- New Student Health Today box on characteristics of successful weight losers
- Updated coverage and reviews of major diets and their effectiveness
- Updated coverage of prescription weight-loss drugs

Focus On: Enhancing Your Body Image

- New Student Health Today box on “thinspiration”
- Updated statistics regarding prevalence of eating disorders in the United States
- New discussion of orthorexia nervosa
- New chapter summaries and Pop Quiz

Chapter 11: Improving Your Personal Fitness

- Updated statistics regarding Americans meeting guidelines for aerobic exercise
- Updated research regarding physical activity and cognitive functions
- Updated research regarding physical activity and extended life span
- New coverage of Crossfit and other HIIT exercise plans

Chapter 12: Reducing Your Risk of Cardiovascular Disease and Cancer

- New and updated coverage of the global burden of disease
- Updated statistics regarding prevalence of cancer and heart disease
- Updated coverage of disease disparity and chronic disease across communities
- New guidelines for the management and treatment of high blood pressure
- Updated research on nonmodifiable risk factors for heart disease
- Updated discussion of the role of inflammation and infectious diseases in CVD and cancer risks

- Updated information about risks of prediabetes and strategies for prevention
- Updated research on the importance of prevention for CVD, cancer, and diabetes

Focus On: Minimizing Your Risk for Diabetes

- Updated statistics regarding the prevalence of diabetes
- Updated statistics on the economic burden of diabetes
- New chapter summaries and Pop Quiz

Chapter 13: Protecting against Infectious Diseases and Sexually Transmitted Infections

- Updated research on environmental conditions and the spread of disease
- Updated discussion of antibiotics and superbugs
- Updated coverage of MRSA
- Updated coverage of meningitis and college students, and its prevention
- Updated research on the prevalence of STIs
- Updated discussion of vaccination and opting out
- New Student Health Today box on making oral sex safe

Focus On: Reducing Risks for Chronic Diseases and Conditions

- Updated statistics regarding rates of bronchitis across populations
- Updated statistics regarding the prevalence of asthma and emphysema
- Updated information regarding the prevalence of migraines
- Updated discussion of IBS, IBD, Crohn’s disease, and other conditions
- New chapter summaries and Pop Quiz

Chapter 14: Preparing for Aging, Death, and Dying

- Updated statistics on health care costs for older Americans
- Updated information regarding living arrangements of older Americans
- Updated coverage of the legality and controversy surrounding physician-assisted suicide

Chapter 15: Promoting Environmental Health

- Updated statistics on population growth and projections for the future
- Updated discussion of ecological footprints
- New coverage of the impact of human actions on the existence or extinction of other species
- Discussion of carbon tax and cap and trade policies to curb pollution
- Updated information on water use and access
- New tables on indoor air and water pollutants and their health and ecosystem effects

Chapter 16: Making Smart Health Care Choices

- Updated coverage of the ACA, with a special emphasis on young adults/college students
- New coverage of the diverse options for health care, including independent practice associations, HMOs, and others
- New and expanded coverage of Medicare Part A, B, and D, as well as Advantage plans and Medigap plans
- Updated stats on costs of healthcare, strategies for reducing health care and future issues

Focus On: Understanding Complementary and Integrative Health

- Updated coverage of alternative/integrative health approaches, rates of use, and considerations when making decisions about complementary and integrative health
- Updated coverage of complementary medical systems and specific methods of care
- Updated discussion of “natural” supplements
- New chapter summaries and Pop Quiz

TEXT FEATURES AND LEARNING AIDS

Health: The Basics includes the following special features, all of which have been revised and improved upon for this edition:

- **Chapter Learning Outcomes** summarize the main competencies students will gain from each chapter and alert students to the key concepts and are now explicitly tied to chapter sections. Focus On mini-chapters now also include learning outcomes.
- **Study Plans** tie all end-of-chapter material (including Chapter Review, Pop Quiz, and Think About It questions) to specific numbered Learning Outcomes and Mastering-Health™ assets.
- **What Do You Think?** critical-thinking questions appear throughout the text, encouraging students to pause and reflect on material they have read.
- **Why Should I Care?** features present information on the effects poor health habits have on students in the here and now.
- **Assess Yourself** boxes help students evaluate their health behaviors. The **Your Plan for Change** section within each box provides students with targeted suggestions for ways to implement change.
- **Skills for Behavior Change** boxes focus on practical strategies that students can use to improve health or reduce their risks from negative health behaviors.
- **Tech & Health** boxes cover the new technology innovations that can help students stay healthy.
- **Money & Health** boxes cover health topics from the financial perspective.

- **Points of View** boxes present viewpoints on a controversial health issue and ask students *Where Do You Stand?* questions, encouraging them to critically evaluate the information and consider their own opinions.
- **Health Headlines** boxes highlight new discoveries and research, as well as interesting trends in the health field.
- **Student Health Today** boxes focus attention on specific health and wellness issues that relate to today's college students.
- **Health in a Diverse World** boxes expand discussion of health topics to diverse groups within the United States and around the world.
- A **running glossary** in the margins defines terms where students first encounter them, emphasizing and supporting understanding of material.
- A **Behavior Change Contract** for students to fill out is included at the back of the book.

- **ABC News Videos** and **Health Video Tutors**. New ABC News videos, each 3 to 8 minutes long, and 27 Health Video Tutors accessible via QR codes in the text help instructors stimulate critical discussion in the classroom. Videos are embedded within PowerPoint lectures on the Teaching Toolkit DVD and through MasteringHealth.
- **Instructor Resource and Support Manual**. This teaching tool provides chapter summaries, outlines, integrated ABC News video discussion questions, tips and strategies for managing large classrooms, ideas for in-class activities, and suggestions for integrating MasteringHealth and MyDietAnalysis into your course.
- **Test Bank**. The Test Bank incorporates Bloom's Taxonomy, or the higher order of learning, to help instructors create exams that encourage students to think analytically and critically. Test Bank questions are tagged to global and book-specific student learning outcomes.

SUPPLEMENTARY MATERIALS

Instructor Supplements

- **MasteringHealth** (www.masteringhealthandnutrition.com or www.pearsonmastering.com). MasteringHealth coaches students through the toughest health topics. A variety of **Coaching Activities** guide students through key health concepts with interactive mini-lessons, complete with hints and wrong-answer feedback. **Reading Quizzes** (20 questions per chapter) ensure students have completed the assigned reading before class. **ABC News videos** stimulate classroom discussions and include multiple-choice questions with feedback for students. Assignable **Behavior Change Video Quiz** and **Which Path Would You Take?** activities ensure students complete and reflect on behavior change and health choices. **NutriTools** in the nutrition chapter allow students to combine and experiment with different food options and learn firsthand how to build healthier meals. **MP3 Tutor Sessions** relate to chapter content and come with multiple-choice questions that provide wrong-answer feedback. **Learning Catalytics** provides open-ended questions students can answer in real time. **Dynamic Study Modules** enable students to study effectively in an adaptive format. Instructors can also assign these for completion as a graded assignment prior to class.
- **Teaching Toolkit DVD**. The Teaching Toolkit DVD includes everything instructors need to prepare for their course and deliver a dynamic lecture in one convenient place. Resources include ABC News videos, Health Video Tutor videos, clicker questions, Quiz Show questions, PowerPoint lecture outlines, all figures and tables from the text, PDF and Microsoft Word files of the *Instructor Resource and Support Manual*, PDF, RTF, and Microsoft Word files of the Test Bank, the Computerized Test Bank, the User's Quick Guide, *Teaching with Student Learning Outcomes*, *Teaching with Web 2.0*, *Great Ideas! Active Ways to Teach Health and Wellness*, *Behavior Change Log Book and Wellness Journal*, *Eat Right!*, *Live Right!*, and *Take Charge of Your Health* worksheets.

Student Supplements

- **The Study Area of MasteringHealth™** is organized by learning areas. *Read It* houses the Pearson eText 2.0 as well as the Chapter Objectives and up-to-date health news. *See It* includes ABC News videos and the Behavior Change videos. *Hear It* contains MP3 Tutor Session files and audio-based case studies. *Do It* contains the choose-your-own-adventure-style Interactive Behavior Change Activities—Which Path Would You Take?, interactive NutriTools activities, critical-thinking Points of View questions, and Web links. *Review It* contains Practice Quizzes for each chapter, Flashcards, and Glossary. *Live It* will help jump-start students' behavior change projects with interactive Assess Yourself Worksheets and resources to plan change.
- **eText 2.0** comes complete with embedded ABC News videos and Health Video Tutors. eText 2.0 is mobile friendly and ADA accessible, available on smartphones and tablets, and includes instructor and student note taking, highlighting, bookmarking, and search functions.
- **Behavior Change Log Book and Wellness Journal**. This assessment tool helps students track daily exercise and nutritional intake and suggests topics for journal-based activities.
- **Eat Right! Healthy Eating in College and Beyond**. This booklet provides students with practical nutrition guidelines, shopper's guides, and recipes.
- **Live Right! Beating Stress in College and Beyond**. This booklet gives students tips for coping with stress during college and for the rest of their lives.
- **Digital 5-Step Pedometer**. This pedometer measures steps, distance (miles), activity time, and calories, and provides a time clock.
- **MyDietAnalysis** (www.mydietanalysis.com). Powered by ESHA Research, Inc., MyDietAnalysis features a database of nearly 20,000 foods and multiple reports. It allows students to track their diet and activity using up to three profiles and to generate and submit reports electronically.

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It is hard for me to believe that *Health: The Basics* is in its 12th edition! Who would have envisioned the evolution of these health texts even a decade ago? With the nearly limitless resources of the Internet, social networking sites, instantaneous access to national databases for statistics, and a myriad of interesting videos and late-breaking news reports, there is a media blitz of information to communicate with students. Each step along the way in planning, developing, and translating that information to students and instructors requires a tremendous amount of work from many dedicated people, and I cannot help but think how fortunate I have been to work with the gifted publishing professionals at Pearson. Through time constraints, decision making, and computer meltdowns, this group handled every issue, every obstacle with patience, professionalism, and painstaking attention to detail.

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Many thanks to all!
Rebecca J. Donatelle, PhD

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Accessing Your Health



OUTCOMES

LEARNING

- 1** Describe the immediate and long-term rewards of healthy behaviors and the effects that your health choices may have on others.
- 2** Compare and contrast the medical model of health and the public health model, and discuss the six dimensions of health.
- 3** Identify modifiable and nonmodifiable personal and social factors that influence your health; discuss the importance of a global perspective on health; and explain how gender, racial, economic, and cultural factors influence health disparities.
- 4** Compare and contrast the health belief model, the social cognitive model, and the transtheoretical model of behavior change, and explain how you might use them in making a specific behavior change.
- 5** Identify your own current risk behaviors, the factors that influence those behaviors, and the strategies you can use to change them.